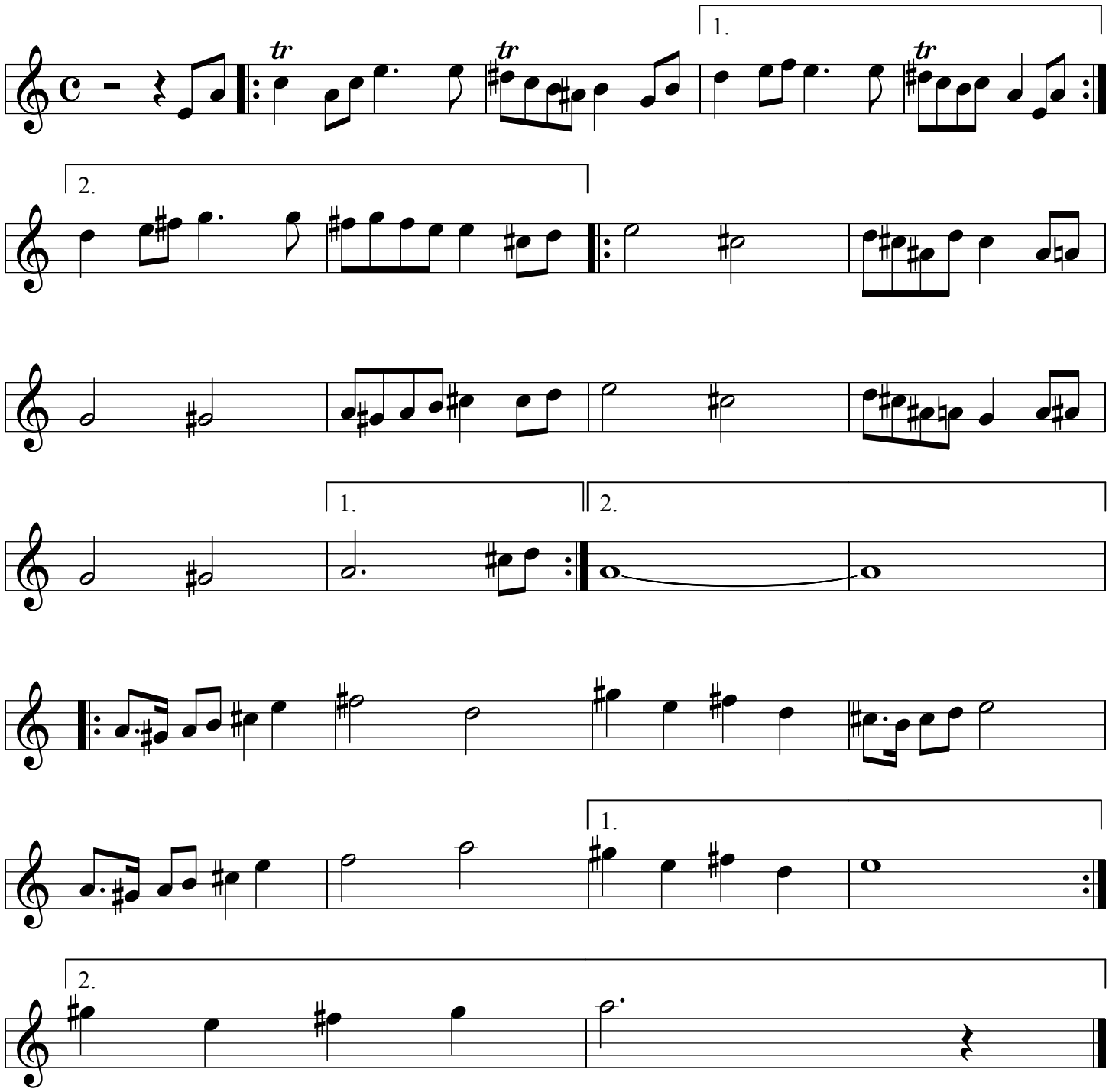ניגון התעוררות